



Millions of Minutes

Physical Activity Challenge

www.healthyweightin2008.ri.gov

Frequently Asked Questions

When does the challenge begin and end?

The challenge begins on Friday, May 9 and ends on Friday, November 7.

Who can participate in the program?

Rhode Islanders of all ages are welcome to use the Millions of Minutes Physical Activity Tracker and add their minutes to the state total. Participants can track their progress individually, or as part of a team with colleagues, employees, friends, family, students, or organization members.

Is there a cost for participating?

No, the program is free for all.

Is there a deadline for joining?

It is best to join as soon after the May 9 kick-off date as possible and try to stay with the program over six months. However, you may use the Millions of Minutes tracker anytime between May and November to record challenges within your workplace, organization, or school that are shorter in duration – or to simply track your own individual activity. The six month program allows different groups to participate in a manner that works for them.

How do I register and track my progress?

Go to the *Millions of Minutes* section on the Healthy Weight in 2008 website homepage (www.healthyweightin2008.ri.gov). Click on “Sign Up” and provide your e-mail address, your name, and a password. If you would like to join an existing team, select your team from the drop-down team menu.

After establishing your account, you will need to “Log In” with each visit and provide your user name and password.

You may print out a paper version of a physical activity log to set weekly goals, to record your activities and progress before entering online, and get great tips.

Can I form a team to track company/school/organization members or for competition?

Yes. To form a team, send the name and e-mail addresses of team members to cmartone@gov.state.ri.us. Your team will be posted online within 48 hours. Be sure to have team members register individually as well through the Sign-In process before sending their names and e-mail addresses in.

Once a team has been established, can I add members?

New members can join an established team when they register by choosing the team/organization name on a drop-down menu.

Can I include people on my team who do not have an e-mail address?

A team leader can register individuals who don't have e-mail addresses and log in the minutes of those members who don't have e-mail addresses. When registering such a participant, you may use a false e-mail address as long as it is in the proper format (i.e. joe@company.com), including the @ symbol and a dot before "com", "net", "org", etc. After the team member is successfully registered with a password, the team leader can go online and log in minutes for team members who don't have computer access. We would suggest that you have such team members use the weekly physical activity log and turn it in to the team leader on a regular basis.

What if I choose the wrong team from the drop down menu when I register?

Send an e-mail to cmartone@gov.state.ri.us and provide the name of the team you would like to be removed from, and the correct name of the team you are joining.

How many people can I have on a team?

There is no limit to the number of people you may have on a team.

Can anyone else see my results?

No, only you can see your results.

Will I receive a prize for participating or completing the challenge?

No, you will not win a prize unless your organization provides a prize for your own challenge. However, you may print out a certificate for yourself, your employees, your team members, organization members, or your students for participating. Participants will be invited to attend a closing celebration event with Governor Carcieri in November.

Why is it important for Rhode Islanders to join this challenge?

- To join and support a community-wide effort to make Rhode Island healthy.
- To have an impact on lifestyle choices – the number one cause of chronic diseases.
- To improve Rhode Islanders' health, quality of life, and sense of well-being.
- To encourage families, friends, and colleagues to become active together.
- To have an impact on health care costs. The major cost-drivers in health care are related to diseases that are preventable or can be managed well with good lifestyle changes.

Good luck, and good health to you!